



1. Staffellauf - Rund um Arnstadt

Arnstadt / 23.04.2022

Detailed evaluation

Trailrunning-Crew Thüringen (Team 4/Total Time Refugees)

Number: 14

Course: 59.60 km

Rund um Arnstadt

Category:

Staffel

Speed: 10.45 km/h

Running performance: 5:41 min/km

Rank in course: 14 (of 16)

Best time in course: 4:08:29

Rank in category: 14(of 16)

Best time in the category: 4:08:29

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Rudisleben	6.60	35:03	5:18	9	11:09	9	11:09	6.60	35:03	5:18	9	11:09	9	11:09
Marlishausen	7.80	36:10	4:38	9	8:50	9	8:50	14.40	1:11:13	4:56	10	19:59	10	19:59
Angelhausen	6.00	33:58	5:39	13	9:29	13	9:29	20.40	1:45:11	5:09	12	28:38	12	28:38
Roda	7.40	43:43	5:54	16	13:58	16	13:58	27.80	2:28:54	5:21	14	42:36	14	42:36
Neuroda	7.10	39:45	5:35	11	10:08	11	10:08	34.90	3:08:39	5:24	13	52:44	13	52:44
Reinsfeld	9.80	54:42	5:34	13	16:43	13	16:43	44.70	4:03:21	5:26	12	57:30	12	57:30
Dosdorf	6.90	49:59	7:14	16	22:53	16	22:53	51.60	4:53:20	5:41	13	1:17:48	13	1:17:48
Arnstadt Markt	8.00	45:27	5:40	10	12:30	10	12:30	59.60	5:38:47	5:41	14	1:30:18	14	1:30:18